

The background of the red rectangle features three stylized, light-colored silhouettes of athletes in motion, possibly running or jumping, against a dark red background.

**THE COACH'S ASTHMA CLIPBOARD PROGRAM**

**WINNING WITH ASTHMA**



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**Winning With Asthma:**  
**The Coach's Asthma Clipboard Program**  
January 2006 – January 2008  
Two Year Report



## **The Coach's Asthma Clipboard Program WINNING WITH ASTHMA**

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### **Two-Year Program Update Report**

January 11, 2006 – January 11, 2008

The Coach's Asthma Clipboard Program (CACP) was launched January 11, 2006 in Minnesota and Utah, but the word quickly spread to neighboring states. The 30-minute educational program, available online at [www.WinningWithAsthma.org](http://www.WinningWithAsthma.org), is one of the first of its kind. It encourages those involved in youth sports, especially coaches, to understand how to help athletes properly manage their asthma during athletic events. The program is built in Flash Media 8 and teaches proper medication management, ways to prevent exercise-induced asthma, steps to take when athletes are experiencing asthma attacks, information on asthma triggers, what they are and what can be done to avoid them, and guidelines specific for cold-weather sports. Those who complete the program receive a booklet with additional asthma information and a coach's clipboard with "What to Do During an Asthma Attack" printed on the back. Pre- and post-test surveys are also included to evaluate the program's effectiveness.

The following report is a summary of the Coach's Asthma Clipboard Program's first two years and includes reports on what users are saying, who is using the program, Web site activity and overall change in the pre- and post-tests.

### **At a Glance:**

Total who visited the Web site: 13,146 visitors

Total who completed the program and provided demographic information: 1,115

States/organizations using the program (through February 2008):

- Arizona, Maricopa County Asthma Coalition
- Colorado, Mesa County Living Well Program
- Illinois, Respiratory Health Association of Metropolitan Chicago
- Indiana, Asthma Alliance of Indianapolis
- Minnesota (Asthma and STEPS)
- New York, Chautauqua County Steps to a HealthierNY
- North Carolina Asthma Program
- North Dakota American Lung Association (ALA)
- Utah Asthma Program

## **What are people saying?**

*“Excellent material. A real eye-opener.”*

*“This was a great video that would be beneficial to more than just coaches.”*

*“I am not a coach. I am the school nurse at an elementary school. This is great and I am sending it to all our schools for the nurses to send out to the coaches.  
Thank you so much.”*

*“This was a great way to educate people who work with athletes with asthma. Thanks!”*

*“I’m not a coach; I’m a parent of a child who has asthma. I loved this video. I will pass this site on to the coaches of my daughter’s school.”*

*“I am glad that this was offered and I am going to insist that all of my assistants take the time to review it as well. This has prepared me better for the upcoming season.”*

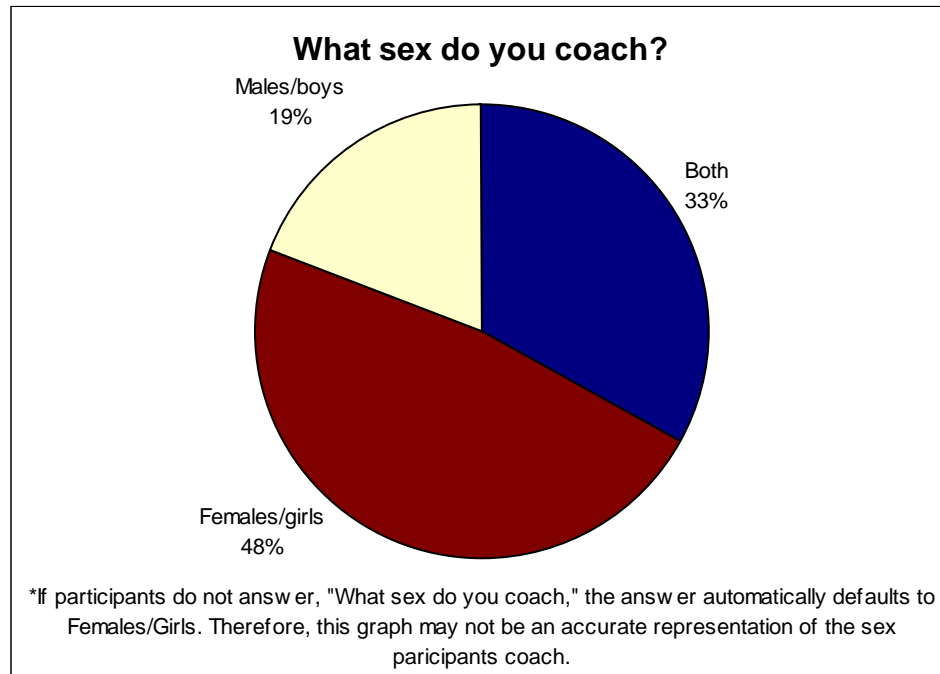
*“This was a great reminder of what to do for anyone with asthma, not just athletes!”*

*“I have coached athletes with asthma before; this course has taught me more in depth and given me more confidence. Thank you.”*

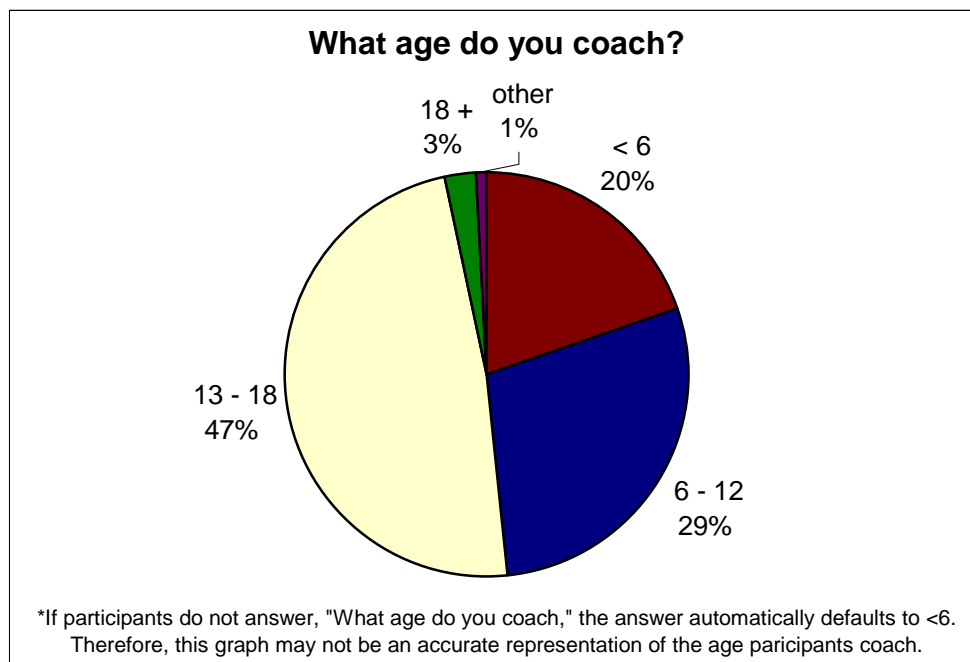
*“This program is very informative; I would recommend it for anyone who coaches youth sports.”*

## Demographic Information

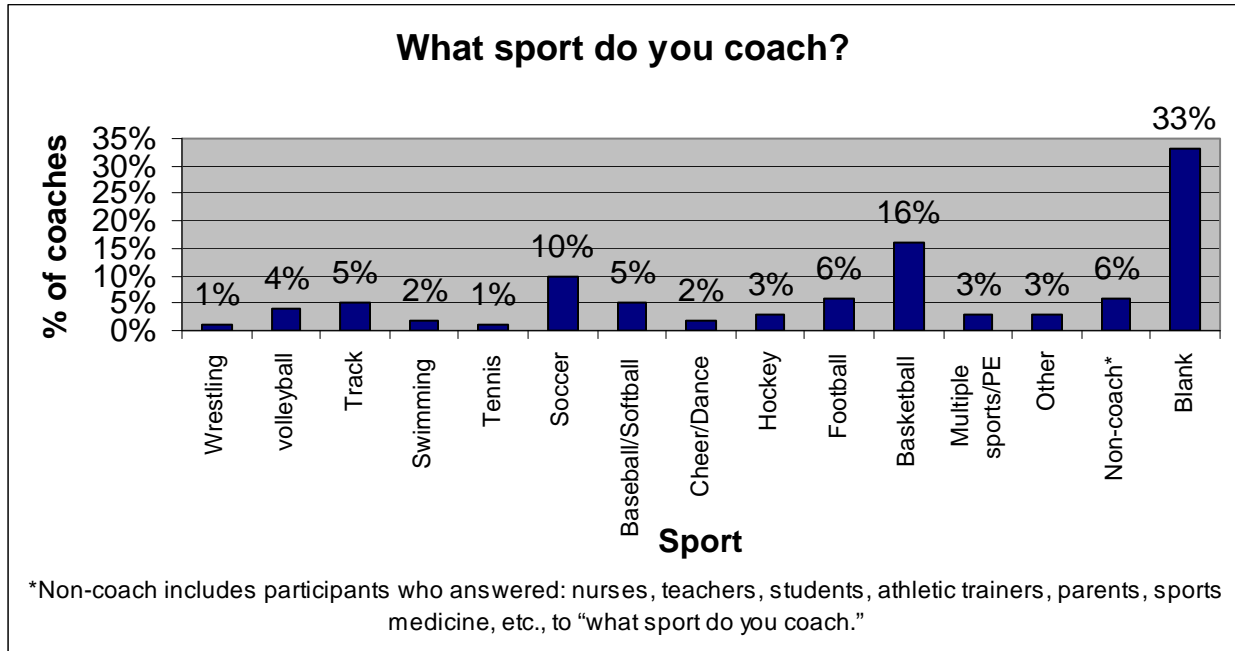
The Coach's Asthma Clipboard Program collects demographic information at the end of the program as part of the request to receive a free Coach's Clipboard.



Most participants (48%) coached, refereed or taught females/girls.



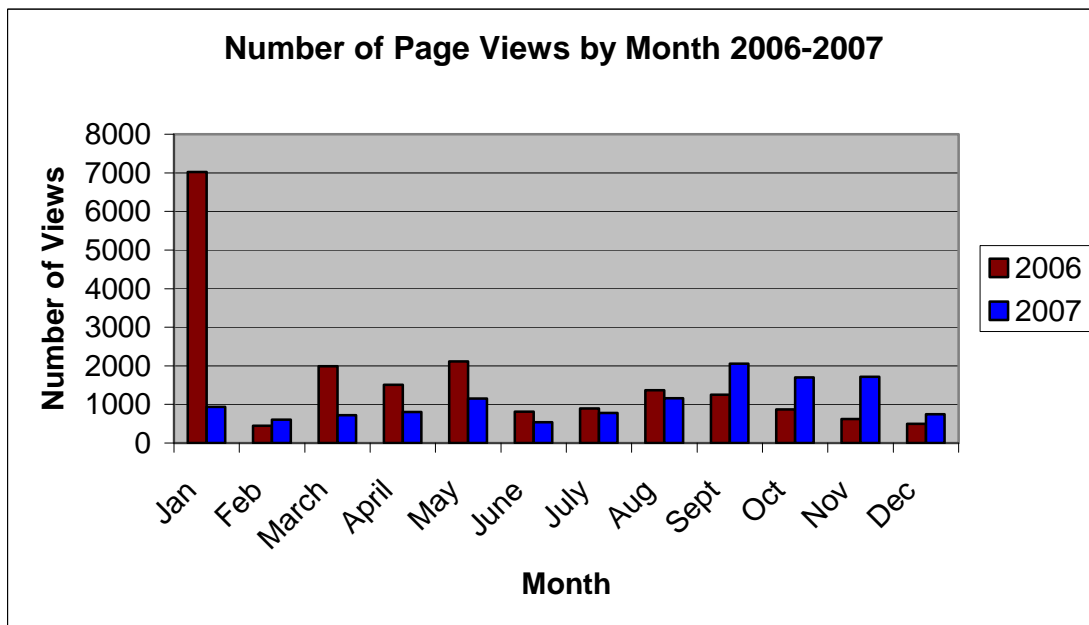
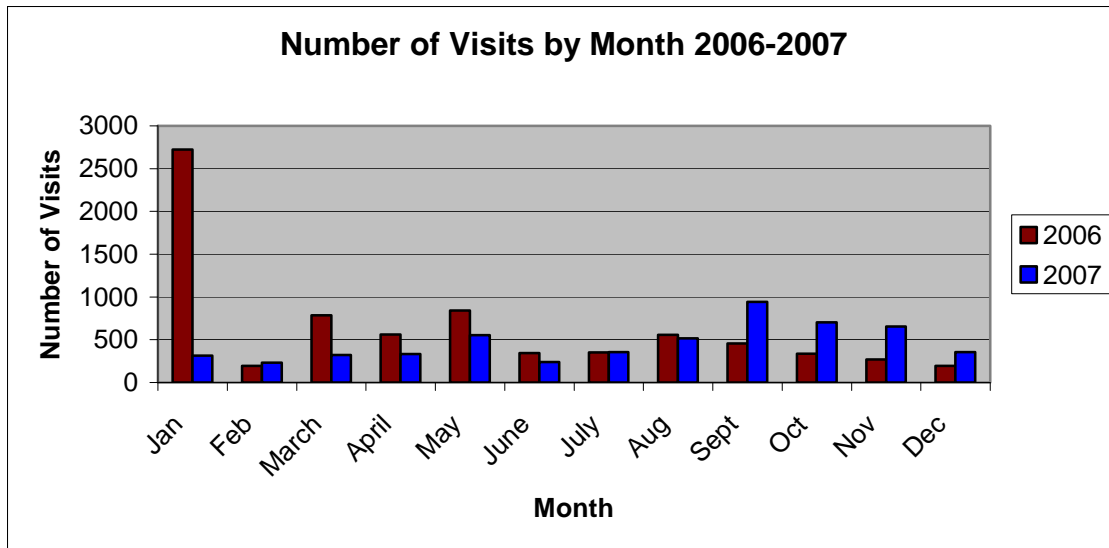
Most participants (47%) coached, refereed, or taught youth aged 13-18.



The sports most commonly coached, refereed, or taught by participants were basketball (16%) and soccer (10%).

## Web Trends

The Coach's Asthma Clipboard Project is housed on the Utah Department of Health's server and information obtained through the *Summary Log Analysis Software* provides data about usage, Web server log analysis and traffic monitoring.



## Overall Change in Knowledge

The Coaches Asthma Clipboard Program collects pre- and post-test information, titled “Let’s See What You Know” and “Let’s See What You Have Learned.” The pre- and post-tests consist of eight identical question sets. A breakdown of the percentage answered correctly and the change between pre- and post-test is below.

Question #	Pre-test	Post-test	% Change
	(Percent answered correctly)	(Percent answered correctly)	
1	66%	83%	+17%
2	80%	95%	+15%
3	95%	98%	+3%
4	73%	89%	+16%
5	91%	99%	+8%
6	92%	96%	+4%
7	59%	81%	+22%
8	99%	99%	***

\*\*\* Too small a change to report.

Note: Effective August 1, 2006, the wording in questions 1 and 7 was changed slightly, to improve understanding. The complete percentages of pre- and post-test questions answered correctly, including the before and after for questions 1 and 7, are included in the appendix. Percentage answered correctly for questions 1 and 7 include before and after the question were revised.

### Major Findings:

- Questions 1, 2, 4, and 7 showed a more than 10% improvement between the pre-and post-test questions.
- 95% or more of participants answered questions 2, 3, 5, 6, and 8 correctly on the post-test.

## APPENDIX

### **Results: Pre-test (Correct answers in bold)**

Total N = 1115

January 11 – July 31, 2006, N=445

August 1, 2006 – January 11, 2008 N=670

Question 1: For an athlete whose asthma is in good control, which is not true? (Original Question through July 2006)

- a) Has no symptoms during the day or night
- b) Is not able to participate in sports like other athletes (48%)**
- c) Has normal or near normal lung functions
- d) Has no to minimal side effects to asthma medications

Revised Question 1: Which statement is TRUE?: An athlete whose asthma is well controlled:

- a) Only has asthma symptoms at night.
- b) Can participate in sports like other athletes. (78%)**
- c) Still has abnormal lung function.
- d) Should never warm up before exercise.

Question 2: What happens in the airways of people whose asthma is poorly controlled?

- a) Swelling of the airways
- b) Excessive mucus production
- c) Spasms of muscles surrounding the airway (bronchospasm)
- d) B&C only
- e) A, B & C (80%)**

Question 3: You should call 911 if an athlete is having which of the following symptoms?

- a) Rescue medication (albuterol or pirbuterol (Maxair)) is not relieving breathing difficulties, is not available, or used too recently to take again
- b) Lips or nail beds are bluish or dusky gray
- c) Peak flow reading moving from yellow zone to red zone
- d) Rapidly deteriorating symptoms (you are worried how to get through the next 20 minutes)
- e) Any one or more of the symptoms in A – D (95%)**

Question 4: What is recommended to prevent exercise-induced asthma (EIA) symptoms?

- a) After an athlete has started competition and already having difficulty breathing, he/she should take pre-exercise medications (Albuterol or Pirbuterol)



- b) Warming-up and stretching before strenuous aerobic activity
- c) Take rescue (quick-relief) medications 10-15 minutes before beginning aerobic activity
- d) Avoiding strenuous exercise or aerobic sports activities
- e) B&C only (73%)**

Question 5: Athletes should return to competition only when they can breathe easily and are free of asthma symptoms?

- a) True (91%)**
- b) False

Question 6: Some athletes must take medications every day to prevent symptoms or episodes from developing. These medications are called “controller or preventive” medications and are not used as emergency rescue medications.

- a) True (92%)**
- b) False

Question 7: What items are used to help evaluate asthma symptoms and lung function? (Original question through July 2006).

- a) Peak Flow Meter (PFM)
- b) Asthma Action Plan (AAP)
- c) Nebulizer
- d) A&B (60%)**
- e) B&C

Revised Question 7: What item(s) is/are used to evaluate lung function and provide information on asthma symptoms and medications?

- a) Peak flow meter
- b) Asthma action plan
- c) Nebulizer
- d) A & B (59%)**
- e) B & C

Question 8: Parents should always inform the coach that their child has asthma and provide him/her with an asthma action plan (AAP), discuss proper symptom management for when the child is under the direction of the Coach?

- a) True (99%)**
- b) False

## **Results: Post-test (Correct answers in bold)**

Total N = 1115

January 11 – July 31, 2006, N=445

August 1, 2006 – January 11, 2008 N= 670

Question 1: An athlete whose asthma is well controlled, which is TRUE:

- a) Has no symptoms during the day or night
- b) Is not able to participate in sports like other athletes (71%)**
- c) Has normal or near normal lung functions
- d) Has no to minimal side effects to asthma medications

Revised Question 1: An athlete whose asthma is well controlled, which is TRUE:

- a) Only has asthma symptoms at night.
- b) Can participate in sports like other athletes. (93%)**
- c) Still has abnormal lung function.
- d) Should never warm up before exercise.

Question 2: What happens in the airways of people whose asthma is poorly controlled?

- a) Swelling of the airways
- b) Excessive mucus production
- c) Spasms of muscles surrounding the airway (bronchospasm)
- d) B&C only
- e) A, B & C (95%)**

Question 3: You should call 911 if an athlete is having which of the following symptoms?

- a) Rescue medication (albuterol or pirbuterol (Maxair)) is not relieving breathing difficulties, is not available, or used too recently to take again.
- b) Lips or nail beds are bluish or dusky gray
- c) Peak flow reading moving from yellow zone to red zone
- d) Rapidly deteriorating symptoms (you are worried how to get through the next 20 minutes)
- e) Any one or more of the symptoms in A – D (98%)**

Question 4: What is recommended to prevent exercise-induced asthma (EIA) symptoms?

- a) After an athlete has started competition and already having difficulty breathing, he/she should take pre-exercise medications (Albuterol or Pirbuterol)
- b) Warming-up and stretching before strenuous aerobic activity
- c) Take rescue (quick-relief) medications 10-15 minutes before beginning aerobic activity
- d) Avoiding strenuous exercise or aerobic sports activities
- e) B&C only (89%)**

Question 5: Athletes should return to competition only when they can breathe easily and are free of asthma symptoms?

- a) True (99%)**
- b) False

Question 6: Some athletes must take medications every day to prevent symptoms or episodes from developing. These medications are called “controller or preventive” medications and are not used as emergency rescue medications.

- a) True (96%)**
- b) False

Question 7: What items are used to help evaluate asthma symptoms and lung function?

- a) Peak Flow Meter (PFM)
- b) Asthma Action Plan (AAP)
- c) Nebulizer
- d) A&B (81%)**
- e) B&C

Revised Question 7: What item(s) is/are used to evaluate lung function and provide information on asthma symptoms and medications?

- a) Peak flow meter
- b) Asthma action plan
- c) Nebulizer
- d) A & B (82%)**
- e) B & C

Question 8: Parents should always inform the coach that their child has asthma and provide him/her with an asthma action plan (AAP), discuss proper symptom management for when the child is under the direction of the Coach?

- a) True (99%)**
- b) False